



Sesame-Garlic French Braid

 Dairy Free

READY IN



38 min.

SERVINGS



10

CALORIES



98 kcal

SIDE DISH

Ingredients

- 11 ounce bread dough refrigerated french canned
- 2 cloves garlic
- 1.5 tablespoons butter melted reduced-calorie
- 2 teaspoons sesame seed

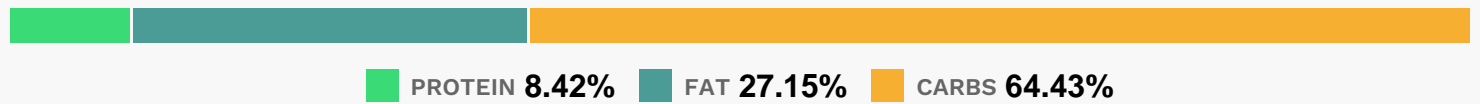
Equipment

- baking sheet
- oven

Directions

- Unroll dough; cut into 3 equal pieces. Shape each portion into a rope.
- Place ropes on a baking sheet coated with cooking spray; (do not stretch). Braid ropes; pinch loose ends to seal.
- Cut 2 cloves of garlic into thin slices, and insert slices evenly into braid.
- Brush 1 1/2 tablespoons melted reduced-calorie margarine over braid, and sprinkle with 2 teaspoons sesame seeds.
- Bake at 350 for 25 minutes or until loaf sounds hollow when tapped.
- Remove from baking sheet immediately.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:6.5, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:0.45652174488034%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 97.73kcal (4.89%), Fat: 2.81g (4.32%), Saturated Fat: 0.38g (2.37%), Carbohydrates: 14.98g (4.99%), Net Carbohydrates: 14.31g (5.2%), Sugar: 0.01g (0.01%), Cholesterol: 0mg (0%), Sodium: 166.61mg (7.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.96g (3.92%), Fiber: 0.67g (2.67%), Vitamin A: 75.21IU (1.5%)